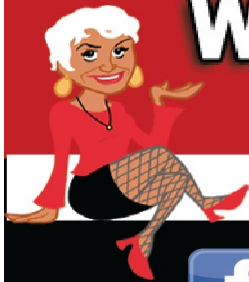


WEIGHT ★ NO ★ MORESM DIET CENTER



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ROASTED FRUIT WRAPS WITH DIPPING SAUCE

Final Lifestyle

Ingredients

Dipping Sauce

- 1 cup low-fat or fat-free vanilla yogurt
- 2 TSP finely chopped crystallized ginger
- 2 TBS orange juice

Fruit Wraps

- 2 Golden Delicious apples, peeled and sliced
- 2 peaches or 1 mango, peeled and sliced
- 4 slices canned pineapple, halved
- 2 TBS orange juice
- 4 TSP Splenda
- ½ TSP pumpkin pie spice
- 4 flour tortillas (6 to 8" diameter)

Instructions

Dipping Sauce

In a small bowl, mix yogurt, ginger and orange juice. Cover and refrigerate.

Fruit Wraps

1. Preheat the oven to 425°.
2. Coat a large nonstick baking sheet with nonstick spray. Add apples, peaches or mango, pineapple, orange juice, Splenda and pumpkin pie spice. Toss to coat, and spread in a single layer. Bake 10 to 15 minutes, or until fruit is tender.
3. Place 1/4 of warm fruit down the center of each tortilla. Roll up like an envelope and place, seam side down, on a nonstick baking sheet. Bake 8 to 10 minutes, or until crisp and golden. Cut each wrap in half diagonally. Serve with sauce.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 wrap (2 halves) = 1 FR, 1 G, ½ FT